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BecauseWeCare

Healthy Ideas For A Healthy Workplace

30 Minutes Is All It Takes

Growing up in a family that worked in restaurants and loved to cook, it might have been inevitable that Rachael Ray was to become host of The Food Network's *30 Minute Meals*. And while her culinary talent is obvious to anyone who's seen her show or read any of her cookbooks, the passion she brings to all her meals and recipes might just be the real secret to her success.

Rachael didn't go to a fancy gourmet cooking school, but started learning to cook in restaurants her mother managed. Her first lesson came at age four, when she burned her thumb trying to imitate her mother's spatula technique. As she puts it, she was also taught by all the wonderful cooks she's ever worked with. "Cooking is about sharing, so if you don't share food and recipes with the people in your life, you won't be much of a cook no matter where you trained," she says. "Besides, I'm not patient enough to be a chef."

That practical, down-to-earth approach is evident in everything Rachael does. In fact, the 30 minute meal concept began as one of several classes she taught to attract customers at a large gourmet market in Albany, NY. The class became such a hit with Albany's cooks on a tight schedule, it was featured in a story by a local reporter. That led to Rachael's being offered a regular segment on the evening news, which, in turn, took her to *The Today Show*, where she was spotted by the president of The Food Network. See the results you can get in just thirty minutes?

Rachael's celebrity status hasn't changed her love for cooking or the way she tests new recipes. (Her dog, Boo, still gets to eat the "mistakes.") Her enthusiasm is as contagious as always and attracts fans wherever she goes. "They just come up to chit-chat and swap recipes," she laughs, "I guess that way I don't have to worry about running out of new menu ideas!"

- Jeff Silver

You'll find some of Rachael's timesaving recipes inside!

In This Issue

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- Time Is On Your Side
- Time Saving "e"-recipe



click on this symbol throughout this e-newsletter for interactive simple solutions

Short On Time? Use Circuit Training!

Want to exercise but time is short? Then circuit training may be for you. Many fitness centers, including some designed exclusively for women, offer programs that combine cardiovascular activity, toning, and resistance training into a 30-minute workout. Plus, you can go at your own pace within each workstation so it's great for all fitness levels!



Rachael's Tidbits

- Storebought stocks have come a long way. Look for handy, paper, one-quart containers of low-sodium stocks on your soup aisle.
- Panzanella is a great use for leftover, good quality, chewy bread. The combination of vegetables can be as simple as tomato and basil or as varied as everything your garden grows.
- Store small portions of chicken breast cutlets in plastic bags and keep on hand in the freezer. To quickly defrost, run warm water over the bags for 10 minutes. Remove chicken and continue per recipe directions.
- Save time all week long! Wash and trim all of your produce when you bring it home from the supermarket. Store clean, dry greens in large plastic bags. Ready-to-use means less time in the kitchen!
- Juice halved lemons with cut side facing up, letting juice spill over the sides of the lemon. The seeds will stay with the lemon and not fall into your food.
- To get lime juices flowing, roll a whole lime on countertop, exerting pressure from the open palm of your hand, or place in microwave for 10 seconds only at high setting.
- To select a sweet pineapple, look for one with large uniform “eyes” (same size) from top to bottom. Color is not significant.
- How to seed tomatoes: Trim off top, invert over garbage bowl, and squeeze gently to remove seeds and pulp.
- Dicing mangos made easy: Cut mango away from the pit. Then score each inner half with a small, sharp knife, making ½-inch cuts, vertically and horizontally. Push the skin of the mango halves almost inside out. The scored flesh will separate. Scrape off diced mango with your knife.
- To wash gritty greens such as arugula or spinach, fill sink with cold water, soak leaves, and let sand fall to the bottom of the sink. Remove greens and dry on paper towels or on your dish rack.
- When making a rub for meat or fish, make four times the recipe and store the extra in your pantry (airtight container) for up to six months.

Find out how many calories your daily activities burn — maybe more than you think!



Click here to get the skinny on how dozens of regular activities burn calories and melt fat.

30 Minutes Of Activities	Calories Burned
Sitting	40
Strolling	103
Playing With Kids	108
Office Work	120
Walking	148
Dancing	185
Biking	220



Lunchtime Exercise Plan

Turn your lunch hour into 30 minutes of healthy eating and physical activity.

- Have a light lunch, including fruits, vegetables, and avoid fast food fare.
- Ask a co-worker to join you in a brisk 30-minute walk.
- Small hand weights increase your walk workout.
- In bad weather, find an empty conference or storage room and skip rope, do stretching exercises, sit-ups or lunges.
- If your building has stairs, include them in your exercise.

As Easy As 1-2-3 In Only 30 Minutes



1 Green Minestrone

MAKES 4 SERVINGS

2 tablespoons extra-virgin olive oil (twice around the pan)
4 slices pancetta or ¼ pound thick-cut prosciutto, chopped
1 medium onion, chopped
2 ribs celery, chopped
2 large cloves garlic, crushed
1 bay leaf, fresh or dried
1 medium zucchini, diced
Salt and freshly ground black pepper
1 can (15 ounces) white cannellini beans
1 can (15 ounces) garbanzo beans
8 cups chicken broth or stock (two 1-quart paper containers)
1 cup ditalini pasta or mini penne pasta
½ pound green beans, trimmed and cut into 1-inch pieces
10 ounces triple-washed spinach, stems removed and coarsely chopped
½ cup Parmigiano Reggiano or Romano cheese, plus extra to pass at the table
12 to 16 leaves fresh basil, torn or shredded OR ¼ cup chopped fresh flat-leaf parsley

Heat a soup pot over medium-high heat. Add oil and pancetta or prosciutto. Sauté 2 minutes, then add onions, celery, garlic, bay leaf and zucchini to the pot, and season with salt and pepper, to taste. Sauté another 5 minutes, stirring frequently. Add white beans, garbanzo beans and chicken broth to the pot, cover, and bring to a boil. Add pasta and green beans and cook 8 minutes, or until pasta is just tender. Stir in spinach to wilt, 1 minute. Stir in grated cheese and ladle soup into bowls. Top with basil or chopped parsley.

2 Tomato Basil Panzanella

MAKES 4 SERVINGS

½ pound day-old chewy farm-style bread, cubed
Bottled spring water, to cover bread
4 vine-ripe tomatoes, seeded and chopped
½ medium red onion, chopped
1 cup loosely packed basil leaves, torn or shredded
2 tablespoons red wine vinegar
¼ cup extra-virgin olive oil
Salt and freshly ground black pepper, to taste

Place bread in a medium mixing bowl, cover with water, and allow it to soak, 3 to 5 minutes. In small handfuls, remove bread from the water and wring it out without mashing or tearing bread. You do not want wet bread, so wring it carefully.

Combine tomatoes with onions and basil in a second bowl and dress with vinegar, oil, salt and pepper. Add bread to tomato salad and combine. Adjust seasonings and serve.

3 Lemon Coconut Angel Food Cake


MAKES 6 SLICES

1 storebought prepared angel food cake
1 jar (9 to 11 ounces) lemon curd (found on the jam and jelly aisle)
The zest of 1 lemon
1 cup shredded coconut

Place a cake ring on a serving plate. Warm lemon curd over low heat and stir in lemon zest. Pour the warm sauce down over the cake in a slow stream to glaze it. Sprinkle shredded coconut liberally over the lemon-glazed cake and serve.

Buon Appetito!

It can be easy and fun to incorporate a healthy diet into your life. Healthy celebrations don't require more planning and effort, just a few different ideas and a positive attitude!

Turn your home or office party into a little Italy! You can say "Buon Appetito" anytime of the year! It's as easy as 1-2-3 with the comfy "e"-recipe in this BecauseWeCare, or click here  to get more food & ambiance ideas from the American Cancer Society cookbook – *Celebrate! Healthy Entertaining for Any Occasion*.

Invitations:

- Paste 4 x 4-inch squares of cream-colored card stock onto 5 x 5-inch pieces of burlap. Punch two holes approximately one inch from each other at the top of the card. Loop raffia ribbon into the card from the back, tie a neat bow on the front of the card, and write your party information.

Decorations:

- Place planters of fresh lavender and bowls of lemons, limes, and garlic bulbs on your table.
- Hang garlic braids from the ceiling and arrange bottles and jars of marinated fruits and vegetables on tables.

Setting the Scene:

- Consider playing arias and selections from famous Italian composers, such as: *Madame Butterfly* by Puccini, *The Three Tenors* by Carreras, Domingo, and Pavarotti, and *Romanza* by Andrea Bocelli.



Rejuvenate. Rejoice. Reward.

If you need a little pampering but time is a premium, then a 30-minute spa treatment may be just what Cupid ordered. Relax, revitalize and renew with a quick massage, manicure, or more. Most salons or day spas can accommodate your personal needs while you are on the go. If the nighttime is the right time, create your own escape with candles, a mineral bath and perhaps a little music - opulent opportunities right at home.

Garbanzo Beans

AKA: Chick peas, ceci beans, or Spanish beans

History: The garbanzo bean was originally cultivated on the lands bordering Mesopotamia and the eastern Mediterranean. From there, it spread to India and some parts of East Asia.

Nutrition information: Garbanzo beans are rich in proteins, calcium, fiber, and iron.



In The Next Issue

- Weigh-In Please
- Walking For Life
- Light "e"-recipe

Articles contributed by
Jim Beardsworth, Kara Moore,
Jim Ryan, and Liz Taylor.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance employee wellness services.

To sign up for BecauseWeCare or to find out more about the American Cancer Society please call 1.800.ACS.2345 or visit www.cancer.org

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